

FULL MARATHON

WEEK 7
8 MILES

Home Base: (206) 383-5949



FORMAT 1

Step	Stage	Total	Direction	Description
1	0.0	0.0	Start	Bethany Community Church @ Stone Avenue N.
2	0.2	0.2	South	Stone Avenue N.
3	0.9	1.1	Right/West	N. 77 th St
4	1.9	3.0	Left/South	8 th Avenue NW.
5	0.0	3.0	Cross	Leary Way
6	0.1	3.1	Left/Southeast	Leary Way
7	0.1	3.2	Right/South	NW 43 rd St. (at Hales Brewery)
8	1.4	4.6	Left/East	Burke Gilman Trail
9	1.6	6.2	Left/North	Stone Way N (becomes Green Lake Way N after N 46 th St)
10	0.0	6.2	Cross	East Green Lake Way N
11	1.6	7.8	Right/North/Counter Clockwise	Green Lake (Inner Track)
12	0.2	8.0	Right/North	Corner of East Green Lake Way N and Green Lake Drive N (near Bluwater Bistro)
13	---	8.0	Finish	Bethany Community Church

FORMAT 2

1. Start at Bethany Community Church and run/walk south along Stone Avenue N (the road between the church and the church's educational center) to N 77th Street.
2. Take a right onto N 77th Street.
3. Run/walk along N 77th Street to 8th Avenue NW.
4. Take a left onto 8th Avenue NW and run/walk down the hill until you reach Leary Way
5. When you get to Leary Way, cross the street at the light, take a left and run/walk southeast.
6. At Hales Ales (which is on the corner of Leary and NW 43rd Street), take a right onto NW 43rd Street.
7. Run/walk one block to the Burke-Gilman trail.
8. Take a left onto the trail and run/walk until you reach Stone Way N.
9. Take a left onto Stone Way N and run/walk up the hill.
10. After you cross N 46th Street, the arterial changes from Stone Way N to East Green Lake Way N.
11. Keep run/walking north on East Green Lake Way N.
12. You will eventually cross NE 50th Street and pass the Green Lake ball fields on your left.
13. You will come back to Greenlake.
14. When you arrive at Green Lake, cross the street and run/walk to the inner path around the lake.
15. Take a right and run/walk counter clockwise along the eastern side of the lake on the inner path.
16. At the corner of East Green Lake Way N and Green Lake Drive N (near Bluwater Bistro) take a right and run/walk back up the hill to Bethany Community Church.